

Briefs . . .

Gate traffic, safety hazards

Motorists who drive on private property to avoid a wait at gates may be saving time, but they are also creating traffic and safety hazards. Police officers have cited drivers who turn around on the Averitt Express Commercial site to avoid a wait at the George Beach/Binz Engleman gate. Drivers have also been seen trespassing on Muzak property, on the access road of Interstate Highway 35 North, to enter the main Brooke Army Medical Center gate. If caught, drivers will be cited and may be charged with criminal trespass.

Walters gate construction

The second phase of the Walters Street gate repairs will begin Feb. 21. Phase II will have one open lane, inbound on Walters/Scott for decal traffic as well as the two existing inbound lanes for both decal and non-decal vehicle access. One lane outbound on Walters and Scott street will be maintained. There will be no Phase III. The overall project completion date remains March 20. Drivers are advised to consider alternate routes while the work is under way.

Tax center open for business

The Tax Assistance Center is open Mondays, Wednesdays and Fridays from 9 a.m. to 5 p.m.; Tuesdays and Thursdays from 9 a.m. to 9 p.m.; and Saturdays from 9 a.m. to 1 p.m. at the 1st Legal Support Organization, Building 133A, 2420 Liscum Road, behind the Garrison Staff Judge Advocate Office. The Tax Assistance Center will be closed Feb. 17 to 20 in observance of Presidents Day. For more information, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

AFTB Level I training

Army Family Team Building is offering Level I training, an introduction to the Army, Monday and Wednesday from 6 to 9 p.m. at the Roadrunner Community Center. Classes are open to anyone who would like to learn more about the Army and the resources the Army makes available to them. Drinks and snacks will be provided. For more information and to register, call the AFTB Office at 221-2705 or 221-2418.

Special Forces briefing

Special Forces will conduct briefings Monday, Tuesday, Wednesday and Feb. 16 at 11:30 a.m. and 4 p.m. at the Roadrunner Community Center, Building 2797. For more information, call (254) 288-5324 or (254) 287-5566, or DSN 738-5324 or 737-5566, or e-mail specforces@hood.army.mil.

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Army’s top NCO visits Soldiers at BAMC

By Andricka Hammonds
[Brooke Army Medical Center Public Affairs](#)

For one Soldier recovering from wounds sustained in Operation Enduring Freedom, a visit from the Army’s senior NCO came with a special birthday gift — a promotion.

Sgt. Maj. of the Army Kenneth O. Preston visited wounded warriors recovering at Brooke Army Medical Center Monday to thank the troops for their incredible sacrifice and service.

Spc. Ernesto Godoy was promoted to sergeant during Preston’s visit. Godoy was injured by an improvised explosive device while on a routine patrol with the 173rd Airborne Brigade out of Vicenza, Italy.

Although suffering from extensive injuries including the loss of both legs, Godoy stood in full uniform with the aid of his prosthetics as Preston pinned on the new rank.

Preston spoke individually to the wounded as he walked around the amputee care center, asking them about their injuries, families, the recovery process and plans for the future.

“With everything on his schedule, the fact that he would take time to talk to everyone is awesome,” said Sgt. Chang Wong, who, like Godoy, lost both his legs.

At the burn center, Preston gowned up, donning patient safety gear to visit burn patients in their hospital rooms.

“I’m happy for the Soldiers,” said Sgt. 1st Class David LeCroy, senior clinical NCO for the burn center. “I think it’s important for the Soldiers to see one of their senior leaders come and show their appreciation for what they do.”

Command Sgt. Maj. Craig Layton, command sergeant major for Great Plains Regional Medical Command and BAMC, was glad to showcase the health care provided at BAMC to the Army’s senior enlisted leader.

“I’m thrilled to see the sergeant major of the Army take time out of his extremely busy schedule to purposely and thoughtfully visit our Soldiers at BAMC, especially knowing that he has easy access to the wounded at Walter Reed Army Medical Center (Washington, D.C.),” said Layton.



Photo by Kelly Schaefer

Sgt. Maj. of the Army Kenneth O. Preston promotes Spc. Ernesto Godoy to sergeant Monday during a visit to Brooke Army Medical Center’s amputee care center.



Photo by Andricka Hammonds

Sgt. Maj. of the Army Kenneth O. Preston visits with Sgt. Chang Wong Monday at the amputee care center. Wong was injured in the Global War on Terrorism and is undergoing therapy at Brooke Army Medical Center.

“It speaks volumes to what type of senior NCO the sergeant major of the Army really is,” he said.

Following visits to the wounded, Preston met with BAMC senior NCOs. Preston identified the task of mentoring and growing Soldiers to become NCOs as a priority.

“We need to grow Soldiers to be leaders,” said Preston. “We are going to be at war a long time; we need to do this right.”

Preston said that without a commitment to growing the Army’s future NCOs, the Army will suffer a death spiral from lack of leadership replacement.

He talked to the group about the new Army Combat Uniform, explaining that the uniform was designed by Soldiers for Soldiers. He highlighted the Velcro design for the unit patches and its wash and wear ability without getting wrinkled.

Preston also explained the reasoning behind extending the Sergeant Major Academy from six to nine months.

“We want to ensure that the material we teach in school will be relevant at your next duty station,” said Preston, adding that lessons learned from Desert Shield and Desert Storm added to the course length.

World-renowned cardiologist trades in lab coat for uniform

By Elaine Wilson
[Fort Sam Houston Public Information Office](#)

An Ivy League graduate, world-renowned cardiologist and top-ranked university vice president, Dr. Ward Casscells never had a lack of respect, or success.

The tireless Casscells is a teacher, doctor and champion of humanitarian relief, with countless hours spent tending to victims of hurricanes, tsunamis and terrorist acts. His studies have led to breakthroughs in cardiology, and his years of research on avian flu are now deemed cutting edge as a potential pandemic begins to loom.

With more than 30 years of accomplishments behind him, the sky was the

limit for Casscells’ future. However, instead of a pursuit of fortune or fame, at age 53, Casscells chose a decidedly more modest, and to some shocking, route — the U.S. Army.

“People told me I was too old, not physically fit enough or won’t be senior enough to be able to do anything interesting,” Casscells said. “None of that was true.”

In June, Casscells traded his lab coat for a uniform and joined the Army Reserves as a colonel.

While the decision may have seemed abrupt to many of his family and friends, it was a long time coming for Casscells.

The Delaware native has lived a seemingly charmed life. He went to Yale

University in Connecticut, then Harvard University in Boston, where he earned his medical degree. After his residency, he worked at the National Institutes of Health in Maryland for six years. From there, he moved to Texas as chief of cardiology at the University of Texas-Houston Medical School, where he helped draw a connection between heart attacks and the flu, then branched out into avian flu research. In his limited spare time, Casscells served on President Bush’s Health Care Advisory, at the forefront of humanitarian relief efforts such as Hurricane Katrina and the 2004 Asian tsunami.

See **CARDIOLOGIST** on Page 4

Debrief required when classified access changes

Department of the Army personnel about to retire, resign or separate or who will no longer have access to classified information are required to outprocess through the command security manager’s office or other designated command office. The requirement includes DA personnel still employed or still in service whose security clearance has been withdrawn, denied (after interim access was granted) or revoked, either for cause or administrative reasons.

During outprocessing, employees will sign a debriefing statement or security termination statement, and be told about the continuing obligation to protect classified information — discussion or other release of classified information to unauthorized people is prohibited. People will also be told how to report unauthorized attempts to gain access to classified information and the potential civil and criminal penalties for failure to report. Security outprocessing is required for

all cleared personnel transferring to another DA command or federal government agency. Transfers will not require a debriefing statement, but the employee may be asked to sign a security statement. Outprocessing is also a tool for command security officials who can ensure that combinations and passwords are changed, keys are returned and accountable documents and property are under new custody in the event of a departure or clearance change.

For more information, call U.S. Army Garrison Security Office Chief Frankie J. Hail at 221-1906 or Assistant Chief Marcie Loya at 221-1859. For downloadable Security Awareness and Training videos, visit <http://www.cybercon.org/Security/video.htm>. (Source: U.S. Army Garrison, Directorate of Plans, Training, Mobilization and Security, Command Security Office, Security Education, Training and Awareness)

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Briefs cont. . . .

AUSA luncheon

The Association of the United States Army luncheon will be Monday at 11:30 a.m. at the Sam Houston Club. Brig. Gen. Elder Granger, chief of staff to the assistant secretary of defense for health affairs, will be the guest speaker. Tickets are \$10 and can be purchased through the MWR ticket office at the Sam Houston Club. For more information, call 226-1663.

Newcomers’ Extravaganza

The Newcomers’ Extravaganza will be at the Sam Houston Club Feb. 21 from 9:30 to 11 a.m. This event is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. Everyone who attends the extravaganza will receive a voucher for a \$4.95 lunch at the Sam Houston Club following the event. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Black History Month observance

A Black History Month observance ceremony will be Tuesday from 11:30 a.m. to 1 p.m. at the Roadrunner Community Center. Brig. Gen. Elder Granger, chief of staff to the assistant secretary of defense for health affairs, will be the guest speaker. The cost is \$5. For tickets, call the Equal Employment Office at 295-0552.

Texas Independence Day

A Texas Independence and Flag Day celebration will be in front of the Alamo March 2 at 12 p.m. The event is sponsored by the Daughters of the Republic of Texas and commemorates the signing of the Texas Declaration of Independence during the siege of the Alamo. The event will honor the military, especially the historic contribution of Fort Sam Houston. Also, the military base schools of San Antonio will be honored. Col. Richard Agee, chief of staff of Army Medical Department Center and School, will be the guest speaker. A reception will follow at Alamo Hall. The public is invited.

Retirement ceremony

Fort Sam Houston will honor its February retirees at the consolidated retirement ceremony Feb. 23 at 7:45 a.m. at MacArthur Parade Field.

BAMC parking lot closure

Parking lot A, south entrance at Brooke Army Medical Center, is closed to ensure the safety of BAMC visitors and patients during the construction of the Center of the Intrepid. Drivers should be vigilant and drive slowly in lot A due to an increase of pedestrian traffic.

EEO seeks committee members

The Fort Sam Houston Equal Employment Opportunity Office is recruiting for committee members for the following programs: Black Employment Program, Hispanic Employment Program, Asian/Pacific American Employment Program, Native American/Alaskan Native Employment Program and Federal Women’s Program. For more information, call Glennis Ribblett at 221-9401.

Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call 221-1065 or 669-5173.

Medics and corpsmen honored at BAMC ceremony

By Michael Dulevitz
Brooke Army Medical Center Public Affairs

Three active duty medics were honored by the National Association of Medics and Corpsmen Jan. 31 for their bravery and heroism under battle conditions after being injured in the Global War on Terrorism.

Staff Sgt. Michelle Mitchell and Navy Hospital Corpsmen Petty Officer 3rd Class Randel Leoncio and Petty Officer 2nd Class Derek McGinnis are recuperating at Brooke Army Medical Center from wounds they received while serving in Iraq.

Mitchell, Leoncio and McGinnis each received a lifetime membership to NAMC, as well as the association’s nationally recognized medal and ribbon. Both the medal and ribbon can be worn with the military uniform. NAMC is one of only three organizations that has this distinction.

The honors were bestowed by Calvin Guthrie, Texas state chapter commander; Kerrie Pardue, deputy commander; and George Carrasco, national service officer.

“We are thankful that you are here today, and thankful that you were there and are here for our Soldiers,” said Pardue.

“We have the greatest system in the world because of people like you; trained medics and corpsmen to give that initial care on the battlefield,” said Col. Mark Bagg, chief, Department of Orthopedics and Rehabilitation at BAMC.

He said that without that immediate care, the survival rate that has been achieved would not be as high as it has been in this conflict. Bagg thanked the three honorees saying, “Thank you for your service, for what you do, and know that we, as a nation, are indebted to you.”

Mitchell was injured by an improvised explosive device while serving with the 571st Military Police Company, from Fort Lewis, Wash. She was on a convoy outside Baghdad when the Humvee she was riding in was hit by an IED. Mitchell suffered burns to her arm and both legs as a result of the explosion and subsequent fire.



Photo by Andricka Hammonds
(From left) Staff Sgt. Michelle Mitchell, Petty Officer 3rd Class Randel Leoncio and Petty Officer 2nd Class Derek McGinnis listen as Kerry Pardue, deputy commander of the Texas chapter of the National Association of Medics and Corpsmen, reads a poem he authored depicting his experiences as a medic while in the Vietnam War. McGinnis, Leoncio and Mitchell were given a membership to NAMC in appreciation for their work as combat medical professionals.

Leoncio was serving with L Company, 4th Platoon, 3rd Battalion, 7th Marines in Ramadi, Iraq, when he was injured Oct. 4 by an IED blast. His injuries include an above-the-knee amputation, fractured mandible and multiple injuries to the face and abdomen.

McGinnis was serving with the 3rd Light Armored Reconnaissance Battalion when injured in Fallujah, Iraq, Nov. 9 by a vehicle-borne IED. McGinnis suffered an above-the-knee amputation, blast injuries to his right foot and right eye and other foreign-body injuries.

The ceremony was hosted by the Texas State Chapter of NAMC. NAMC has 400 members nationwide and its membership includes medics and corpsmen who served in all conflicts from World War II to present. The group of lifesavers and caregivers was created to provide a forum for combat medics.

Post continues water conservation efforts

By Cheryl Harrison
Fort Sam Houston Public Information Office

The climate prediction center forecasts drought conditions will persist through February in San Antonio, and without additional rainfall the drought will worsen in many locations.

For Fort Sam Houston, that means water restrictions. “We have a best case and a worst case scenario not for only Fort Sam, but for the whole San Antonio area,” said Jackie Schlatter, of the Environmental and Natural Resources Office.

“The best case would be we will not have to put a drought management plan into action until June and then for only two to three months,” Schlatter said. “But the worst case, which at present is probable, means water restrictions will be in effect as soon as the beginning of March and continue through most of the year.”

Understanding where the area water comes from helps the general public understand water consumption in local areas.

The Edwards Aquifer is the primary source of water for Central Texas. It stretches more than 8,000 square miles, is 500 feet below the surface and supplies over 1.3 million people with high quality drinking water. That is why it is so important to increase efforts in protecting and conserving San Antonio’s

No. 1 natural resource, according to San Antonio Water System officials.

SAWS has pumping limits established by the Edwards Aquifer Authority, so conservation is the cheapest source of water.

“Water conservation can begin at home and is already used in base housing,” Schlatter said. “Things like low flush toilets and showerheads that use less water are installed in base housing and in the barracks.”

“Also, Fort Sam has year-round rules for water conservation,” Schlatter added. “No fundraising car washes are allowed on post and lawn watering is before 10 a.m. and after 8 p.m. Any other time is wasteful because of the heat, the water will just evaporate.”

Another conservation effort made by Fort Sam Houston is monitoring water levels for the area. The J-17 well is located on Fort Sam Houston next to the water tower on Harry Wurzbach Road. It monitors water levels for the aquifer.

“March 1 is when big irrigation begins in the west when new crops are planted,” Schlatter said. “We will probably see the well drop a foot a day.” Irrigation is supplying the land by artificial means, such as with sprinklers.

Additionally, reuse water is used to irrigate areas such as the golf course and

chillers on post and at Brooke Army Medical Center.

The SAWS pipeline with reuse water starts in southwest San Antonio by Lackland Air Force Base. The water is used on the base golf courses, several city golf courses, Fort Sam Houston, the Fort Sam Houston National Cemetery and then empties into Salado Creek off Winans Road.

About 400 to 500 acre-feet of reuse water is used on post annually. An acre-foot amount of water is the amount of water than can cover an acre of land 12 inches deep, or about 325,900 gallons of water. One acre-foot of water can sustain a family of four for one year.

Hand watering grass and plants is allowed, but it is recommended people research plants and grasses used in lawn beautification. The environmental and natural resource office on post has a demonstration garden at Building 372, between the Post Exchange and four season’s store. The garden showcases plants that are native to Texas and drought tolerant.

Water is something that is taken for granted and it is assumed will always be available. Unfortunately, that is not necessarily true. Citizens not just at Fort Sam Houston but everywhere need to conserve water and be informed. For more information, visit www.saws.org.

Course brings medical officers up to Soldier speed

Story and photos by Elaine Wilson
Fort Sam Houston Public Information
Office

Most people would probably question Lt. Col. David Balt's decision to join the Army. After all, the Minnesota native was busy enough with a thriving family practice and a preventive medicine clinic without adding a Reserve commitment to the mix. But, Balt's decision had nothing to do with money or success. "I joined because I wanted my kids to know there is more to life than money," Balt said. "There are things worth sacrificing for — God and country." Balt is one of the thousands of medical professionals who walk away from successful and poten-

tially profitable medical careers each year, some permanently, to serve their country. Whether active duty or reserve, doctor or nurse, all must pass through the Officer Basic Course at Fort Sam Houston. The two-week reserve course and 14-week active duty course are aimed at bringing newly commissioned medical officers up to Army speed with high-intensity lessons in Soldier skills such as marksmanship; nuclear, biological and chemical warfare; and combat medical care. Everything out here is the same as the regular Army," said Capt. Darren Teters, course instructor. "They are learning the same skills as privates in basic training." Course attendees encompass a wide range of medical expertise,

such as doctors, nurses, lab technicians, veterinarians and psychiatrists. Whatever the specialty, Teters and other OBC instructors, a mix of active duty and Department of Defense civilians, put trainees equally to the test with timed tasks and a sense of urgency designed to see how they perform under pressure. "On the first day of the course, I ask a question, 'Who has never slept outside before?' A lot of hands go up," said Teters. "The tasks aren't that difficult, but it's intimidating to people who have never done anything like this before." "They may be doctors and nurses, but they don't have the time in the field that we do," said course instructor retired 1st Sgt. John Kearney. "We have experience to share and teach, and it's our job to make sure they are prepared for any situation in the field."

First Lt. Rhonda Ellison, a veterinarian from Calera, Ala., temporarily left her new practice to pursue a commission after 12 years in the Army Reserve. "I think owning my own practice has given me the tools to be a good officer," she said. "The (physical training) is harder for me than it was when I first went through basic training (as an enlisted member). But, although challenging, I only wonder why I didn't do this 10 years ago." While the physical training is difficult for some, "the biggest challenge they have to overcome isn't physical, it's mental," Teters said.



Capt. Darren Teters, Officer Basic Course instructor, teaches 1st Lt. Rhonda Ellison, a veterinarian and Army reservist, how to take apart an M-16 rifle Jan. 26 prior to a timed test at Camp Bullis. The two-week course teaches medical professionals like Ellison how to perform Soldier tasks.

"Many of the trainees are used to giving orders, not taking them," he said. "My students probably haven't been told to go to bed in 20 years, or to deal with less sleep or food. It's difficult at first, and some are miserable. But, in the end, they have a great sense of accomplishment." "We get women with kids and a household to run who have never gotten away before," Teters added. "They feel empowered when they come here and I see the excitement when they perform tasks successfully, like knocking down a target." The training may be stressful at times, but Balt said he relies on his family's support to keep him motivated.

"My son is a wrestler. I called him and he said that when he thinks about quitting, he won't because I'm here not quitting," he said. "But, there is definitely a lot to learn in a short time. I have a whole new appreciation for foot Soldiers." After graduation, Balt will do a 90-day tour in Germany, which will once again bite into his profits back home. But, Balt doesn't seem concerned. "I'm thinking about going active duty after my youngest son goes to college," he said. "I probably won't be able to stay in long enough to earn my retirement (due to age limits), but I'm not here for the gains. I'm here because I'm a doctor and I made a commitment to my country."



Lt. Col. David Balt, a family practice doctor from Pipestone, Minn., prepares for a timed test to demonstrate proficiency with an M-16 rifle. Balt, a reservist, attended the Officer Basic Course at Camp Bullis last week.

Cardiologist

Continued from Page 1

But, his busy life came to an abrupt halt one night in 2001, after he felt a growth in his abdomen. It was cancer. "It was bad," Casscells said. "I went through five years of chemotherapy and radiation. After I went through that, I wanted to do things I hadn't done before." He discovered a possibility when cleaning out a closet. "I saw my dad's tattered old uniform. He served four years with (Gen. George) Patton in World War II. I figured if he could give four years of his life, I could give three months a year." The idea became a reality after he was medically cleared to enter the Reserves. He joined last summer and was almost immediately activated as the Army had an urgent need for someone with avian flu expertise. "Lt. Gen. Kevin Kiley (U.S. Army surgeon general) mobilized me to his command. He recognized the seriousness of the bird flu and wanted the Army to be prepared," Casscells said. "I volunteered to go to the Middle and Far East to do surveillance." During a whirlwind tour, Casscells traveled alone to places like Cairo, Egypt; Beijing, China; and Bangkok, Thailand, to scope out the possibility for a widespread outbreak. "Bird flu is poised to be an explosive problem," Casscells said. "I give Gen. Kiley a lot of credit for wanting to be at

the forefront of medical planning." After months abroad, Casscells made a much shorter trip from his Houston home. He traveled to San Antonio to attend the two-week Officer Basic Course at Fort Sam Houston. The course is geared toward medical professionals like Casscells, with attendees from all walks of medical life, from nurses and pharmacists to psychiatrists and surgeons. Run ragged with training, a sleep-deprived and physically exhausted Casscells found OBC to be, surprisingly, one of the biggest challenges of his life. "This course is 'shock and awe' for me," he said. "I haven't been this tired and intimidated since I was an intern. It's scarier, more intense than I thought." The instructors plan it that way. "Many of these officers come from privilege or worked their way through school, but still don't know what it's like to do without," said Capt. Darren Teters, course instructor. "They've never been without a shower for two or three days or had their food limited. "But we have to train them the same as privates," he added. "Whether doctors or nurses, they will have responsibility and will have to rely on what they learn here." The officer-students range from second lieutenants to colonels, with varying degrees of success in the civilian sector. Rank and job status, however, have a limited role at OBC, Casscells said. "There are very talented people attending this course," Casscells said. "They



Col. Ward Casscells prepares for a marksmanship test Jan. 26 while receiving last-minute advice from retired 1st Sgt. John Kearney, Officer Basic Course instructor, at Camp Bullis. Casscells graduated from the course Friday.

may not all have big, high-paying civilian jobs but I'm struggling to keep up with them." Despite some trepidation, Casscells passed the course with flying colors and graduated Friday. "We (class members) are all so proud to have gotten through it," he said. "It was dead on. "As a teacher, I've been enormously impressed with how seriously the instruc-

tors take training," he added. "The Army attracts better people than you expect and trains better than you can believe." Finished with training, Casscells can now resume his esteemed career. But, his future plans are unlikely to garner fame or fortune. "I volunteered to go to Iraq," he said. "I don't want to backfill; I want to go to where I'm most needed. And, doctors are needed in Iraq."

Wear Red Day reminds women of silent killer

By Nelia Schrum
Brooke Army Medical Center Public Affairs

The Brooke Army Medical Center cardiology department set out to raise awareness Friday on the No. 1 killer of women – heart disease.

With one in two women dying from heart disease, organizers of the event said Wear Red Day is a national campaign targeted at focusing women’s attention on heart disease. Handing out a red dress pin, the national rallying symbol for women and heart disease, the BAMC cardiology department hopes the daylong event motivates participating women to take charge of their heart health.

“Sixty-three percent of women who die from heart disease have no previous symptoms,” said guest speaker cardiologist Dr. Jone Geimer-Flanders, who presented a workshop on women and heart disease.

Geimer-Flanders said women are often overlooked for treatment because they are erroneously perceived to be at a lower risk, even though women account for 51 percent of sudden cardiac death.

“Women present at a great age and have poorer outcomes than men, with greater mortality,” Geimer-Flanders said. “Coronary heart disease has gone from being a disease of middle-aged men to a disease of elderly women.”

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Photo by Mike Dulevitz

Mary Harper picks up a red dress pin Friday from volunteer Linda Scott. Brooke Army Medical Center’s cardiology department spearheaded the Wear Red Day, a national campaign sponsored by the American Heart Association, to motivate women to take charge of their heart health.

USARSO plans PKO exercise in Lima, Peru

By Kevin W. Sieling
U.S. Army south Public Affairs

U.S. Army South continued its robust theater security cooperation program in Latin America and the Caribbean for 2006 through its initial planning conference for Peacekeeping Operations South Jan. 10 to 12 in Lima, Peru, where USARSO Soldiers and civilians began coordination for this year’s conference.

“The initial planning conference is without a doubt a critical event of the PKO South 2006 planning cycle,” said Col. Robert Casias, exercise co-director for USARSO. “This is where we put together the framework for the exercise, identify objectives and goals, and develop the support plan required to make this exercise a world class event.”

Representatives from Central and South America will share experiences and review challenges involved in PKO’s as well as increasing

the readiness of those who may participate in future United Nations peacekeeping operations.

USARSO peacekeeping exercises consist of a series of multinational seminars designed to enhance regional dialogue on military and non-governmental issues involved in peacekeeping.

“Other objectives will include improving our capability to act as a multinational peacekeeping force through doctrine and procedures in interoperability as we face the multifaceted challenges confronting our armed forces in the 21st century,” said Casias.

Participants will discuss past and present UN peacekeeping missions worldwide, to include detailed dialogue on the UN stabilization mission in Haiti, known as MINUSTAH. Casias recently returned from MINUSTAH, where he was assigned as the deputy operations officer for the UN mission.

USARSO will also conduct PKO North in Guatemala in May of this year as part of its annual Joint Chiefs of Staff directed exercises in the region.



Photo by Andricka Hammonds

Future star

Spc. Luke Stricklin, an up and coming country music artist, visits with Staff Sgt. Joseph Gross Feb. 1 at Brooke Army Medical Center. During his visit, Stricklin talked with recovering Soldiers about his deployment to Iraq.

Black History Month

Annual celebration credited to ‘father of black history’

By Minnie Jones
Fort Sam Houston Public Information Office

Black history was seldom considered, or documented, until the 20th century when Negro History Week was introduced in 1926. This recognition came late, since blacks have been in America since the early 1600s, when the Dutch brought 20 African indentured servants to Jamestown, Va.

Father of black history

The celebration of Black History Month is credited to Dr. Carter G. Woodson, known as the “father of black history.” Woodson was born in 1875 in New Canton, Va., to former slaves who could neither read nor write. Still, Woodson credits his father for influencing the path he chose in his life.



Dr. Carter G. Woodson

Woodson spent his childhood working on the farm and later in the coal mines of Kentucky to support himself. Unable to go to school, he educated himself on basic school subjects. He enrolled in high school at age 17, and graduated in just two years. Woodson attended Berea College in Kentucky in 1903, and then earned his undergraduate and master’s degrees from the University of Chicago. He later attended Harvard University,

where he became the second black to receive a doctorate. Woodson was the founder of the Association for the Study of Afro-American Life and History, which sponsors Black History Month.

Absent from history books

An historian, Woodson was disheartened to find that books for the most part did not cover black Americans, so he launched Negro History Week as a project to bring national attention to the contributions of black people throughout American history. Woodson once said, “If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated.”

Negro History Week evolved into Black History Month in 1976, during the U.S. bicentennial celebration.

Today, Black History Month is a widely recognized annual celebration of black history, culture and achievements. It was Woodson’s hope that through this special observance, all Americans would be reminded of their ethnic roots, and that togetherness between racial groups would develop out of a mutual respect.

February chosen

Woodson chose the second week of February for Negro History Week because it marked the birthdays of two men who greatly influenced the black American population, President Abraham Lincoln

and abolitionist Frederick Douglass. However, February has more than Douglass and Lincoln to show for its significance in black American history. Other significant events that took place in the month of February include:

- Feb. 23, 1868 - W.E.B. DuBois, important civil rights leader and co-founder of the National Association for the Advancement of Colored People, was born.
- Feb. 3, 1870 - The 15th Amendment was passed, granting blacks the right to vote.
- Feb. 25, 1870 - The first black U.S. sena-

tor, Hiram R. Revels, took his oath of office.

- Feb. 12, 1909 - The NAACP was founded by a group of concerned black and white citizens in New York City.
- Feb. 1, 1960 - In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth’s lunch counter.
- Feb. 21, 1965 - Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

Black History Month Trivia Contest

The Black History Month Trivia Contest will be published every week during the month of February. Send answers via e-mail to Gayle.Ellis@cen.amedd.army.mil or deliver in a sealed envelope addressed to Gayle Ellis, Black Employment Program committee member, Building 2841, Room 1335, no later than the Wednesday following the publication of the questions. The winner will be the first person who submits the first set of correct answers. E-mail responses are highly encouraged and only one prize per week will be awarded.

The following are the trivia questions for this week:

1. Who was the first black actress to receive an Academy Award for best actress?

2. In 2003, Carol Mosely Braun, first African-American woman senator, made news again by doing what?
3. Which president signed the bill establishing Jan. 20 as a federal holiday in honor of Martin Luther King Jr.?
4. Who was the first black general in the U.S. Army?
5. In 1641, what state was the first to legalize slavery by statute?

Feb. 2 trivia answers are:

1. Ida B. Wells-Barnett
2. Vermont
3. It made blacks citizens of the United States
4. M. Joycelyn Elders
5. Remove the Confederate flag from the dome of the statehouse



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Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader. To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

Residents must submit 30-day move-out notice

Fort Sam Houston Family Housing residents with assignment instructions must submit written notice of intent to vacate to the Lincoln Military Housing office at least 30 days prior to their date of departure.

If unable to meet the 30-day requirement due to late notification of assignment, residents must also submit a copy of their permanent change of station orders. Housing officials encourage residents to provide notice to vacate immediately after receiving assignment instructions.

Additionally, residents who plan to move out upon expiration of their Family Housing Occupancy Agreement must notify LMH in writing 30 days prior to the agreement expiration date.

Once notice is received, LMH will then schedule a pre-inspection “walk through,” to be completed by an LMH representative and the sponsor or designated representative. LMH will schedule the pre-inspection walk through 10 days from the date of acceptance of notice to vacate.

The original move-in condition form documenting the condition of the home will be used during the pre-inspection to ensure noted deficiencies are not charged to the resident upon move out. At the completion of the pre-inspection, the resident will be informed of any potential charges that may be

assessed if damage identified and noted repairs are not completed prior to move out.

Residents will also be provided a list of the minimum cleaning standards. If a home has been scheduled for renovation or demolition, LMH will provide modified cleaning requirements.

A final inspection with the resident will be scheduled on the last day of occupancy. Damages beyond normal wear and tear will be documented in writing and photograph. The extent of the damage will be detailed and a final accounting of any outstanding damages will be completed. The resident must pay all outstanding balances in full or create a payment plan within seven days of move out.

The move-out date is the date when the resident turns in keys and remotes to an LMH representative. Personal belongings must be removed from the home at that time.

Residents are financially responsible for damages to the home beyond normal wear and tear. To prevent a charge, residents should immediately report losses or damages affecting their home or community to “Lincoln at Your Service” service line at (888) 578-4141. For more information, call LMH at 270-7638.

(Source: Residential Communities Initiative)

Red Day

Continued from Page 5

Many women often underestimate the risk of heart disease, failing to recognize subtle symptoms that something is wrong.

“Sometimes only shortness of breath will be the only indicator of heart disease,” Geimer-Flanders said, adding that fatigue, feelings of anxiety, a pit of the stomach discomfort, nausea, sweating different than hot flashes are all other symptoms that may be warning signs of heart disease.

Although some risk factors such as a family history of heart disease can’t be altered, she said many women have control over other high risk factors, making many cases of heart disease preventable. These controllable factors include smoking, overweight, diabetes, cholesterol levels, a waist size greater than 35 inches and high blood pressure.

In fact, just by leading a healthy lifestyle — such as following a heart healthy diet, getting regular physical activity, maintaining a healthy weight and not smoking — Americans can lower their risk by as much as 82 percent.

The cardiologist said women

who are being treated for heart disease may just be the tip of the iceberg. Many women fail to connect risk factors with their own personal risk of developing heart disease.

She also recommended that women, many of whom will live a third of their lives after menopause, have their cholesterol checked, reduce their body weight and exercise regularly to decrease the risk of heart disease.

Heart disease facts

- Heart disease is the No. 1 killer of American women.
 - Women’s heart disease risk starts to rise in middle age.
 - About 3 million American women have had a heart attack.
 - Two-thirds of American women who have had a heart attack don’t make a full recovery.
 - Nearly two-thirds of American women who die suddenly of a heart attack had no prior symptoms.
 - Americans can lower their risk of heart disease by as much as 82 percent just by leading a healthy lifestyle.
 - Only 20 percent of women consider heart disease to be their own greatest health risk.
- (Source: American Heart Association)



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Little device may impart big gains in medics’ info arsenal

By Karen Fleming-Michael
U.S. Army Medical Research and Materiel Command

FORT DETRICK, Md. — Heresy? They don’t think so. Military researchers are looking for devices that give battlefield medics better triage power than an old medical standard.

“Blood pressure is a really terrible measure of fluid loss because your body wants to keep blood pressure level,” said Col. Bob Vandre, director of the Army’s combat casualty care research program. “As you start losing blood, your arterioles in your periphery start collapsing so the blood doesn’t go to your limbs, but sends the blood to your brain and your central organs. But, that keeps your blood pressure up, and it’ll keep it

up until it can’t do it anymore — then you get this big drop.”

And when the drop comes, it may be too late for a patient to survive.

Though blood pressure readings have value in a normal medical setting, Dr. Vic Convertino, a research physiologist with the U.S. Army Institute of Surgical Research, said a medic can’t necessarily rely on it as a decision-making tool for who to treat first.

“Traditional medical monitors measure blood pressure and pulse oximetry. By the time (blood pressure and oxygen in the blood) change, you may not have time really to help the casualty,” he said. “We’re looking at what we can measure ... that could give medics early information that would tell them, ‘This is the guy who is in the most severe situation.’”

Vandre and Convertino contend that the major challenge for advancing the combat medic’s capabilities for making life-saving diagnosis and treatment of casualties is to measure physiological responses that change earlier than the more traditional vital signs such as blood pressure. A device that uses a technology called microimpulse radar, though, may one day give medics better decision-making tools. The low-powered microimpulse radar

technology can be inserted into a personal data assistant.

Weighing about as much as a pack of cigarettes, the radar can currently sense heart and lung movement — essentially life — when it’s put on top of a patient, even if the patient is wearing body armor. Because that’s all it currently does, it offers little information for medics, unless a patient is wearing chemical protective gear and shouldn’t be touched or is in a high-vibration environment like a helicopter or aircraft.

“If its main advantage is being able to tell if someone is alive in MOPP (protective) gear, that’s such a niche market, that in my mind, there’s some doubt as to whether it would ever be fielded,” Vandre said.

If researchers’ endeavors are successful, however, that niche market will expand — so much so that every medic on a battlefield will want microimpulse radar to get heart and respiration rates, detect collapsed lungs and have a better status measure than blood pressure: cardiac output.

“Cardiac output is how much blood your heart is pumping at one time, and that’s a really good indicator on how low you are on fluids. As the amount of blood drops, the output goes down too,” Vandre said. “It’s a much better (earlier) indicator (than blood pressure) of how much blood you’ve lost.”

Two small businesses are working on the cardiac output and collapsed lung detection projects, and Convertino said he’s optimistic about having them as add-ons to the PDAs that medics already have available for the

Battlefield Medical Information System-Tactical.

“Wouldn’t it be neat if a medic only has to carry in his hand one tool, that PDA, that has so many capabilities,” he pondered.

Looking even further out across the technology horizon, Convertino said the Air Force is looking at the technology’s ability to detect motion from up to 100 feet away and about 20 feet through rubble.

“If they could develop the technology in a way that could be very specific to a medic pointing it at casualties to see if

they’re alive or dead, guess what that means? He doesn’t have to go out and expose himself to harm,” he said.

Convertino has researched microimpulse radar capability for medicine for two years and doesn’t expect to see it fielded with all its features for at least five years.

“I would like it out there as soon as possible, but I would like it out there no sooner than we have the capabilities that are really going to help the medic,” he said.



Photo by Dr. Vic Convertino

Weighing about as much as a pack of cigarettes, the microimpulse radar device can currently sense heart and lung movement when it is put on top of a patient, even if the patient is wearing body armor. Researchers hope it may one day also give heart and respiration rates, detect collapsed lungs and provide a better status measure than blood pressure.

Army Community Service

Family Advocacy Program – February Class Schedule

| Class Title | Dates | Class Time |
|---|--------------------|-----------------------|
| Basics of Breastfeeding | Wednesday | 10 to 11:30 a.m. |
| Boys Only! Ages 9 to 11 | 22 | 3 to 4 p.m. |
| Building Effective Anger Management Skills | Monday and 27 | 11 a.m. to 12:30 p.m. |
| Series (4 to 6) New Series – Evening Class | Today, 16 and 23 | 4:30 to 6 p.m |
| Commander’s Training | 23 | 8 to 9:30 a.m. |
| Getting Ready for Childbirth 1 and 2 | 16 and 23 | 9 a.m. to 12 p.m. |
| Girl Talk! Ages 9 to 11 | Wednesday | 3 to 4 p.m. |
| Healthy Pregnancy | 24 | 9 a.m. to 12 p.m. |
| Helping Us Grow Securely (H.U.G.S.) Playgroup | Tuesday, 21 and 28 | 9 to 11 a.m. |
| S.T.E.P. Program for Parents of School Age Children | Today, 16 and 23 | 1 to 3:30 p.m. |
| S.T.E.P. Program for Parents of Teens | Tuesday, 21 and 28 | 11 a.m. to 12:30 p.m. |
| Stress Management I and II | Monday | 1 to 2:30 p.m. |
| Truth or Consequences? | Tuesday and 21 | 4:30 to 6 p.m. |
| Workplace Communication | Friday | 1 to 2:30 p.m. |
| You and Your Baby | 22 | 8 a.m. to 12 p.m. |

To register for classes or for more information, call the Army Community Service Family Advocacy Program at 221-0349 or 221-2418. Space is limited.

AAFES restricts purchase of cough, cold medicines

Dextromethorphan is a common cough-suppressing ingredient contained in more than 140 over-the-counter cough and cold medicines. When taken as directed and used properly, DXM is safe, but recent media reports and research indicate abuse of DXM is becoming more of an issue than previously thought.

While there is not yet a legal requirement to flag products with this ingredient, as of Jan. 24, Army and Air Force Exchange Service is voluntarily limiting sales of products with DXM to customers under the age of 18.

A message on the cash register will alert cashiers to verify the age of the person buying products with



DXM. Customers can still find cough and cold medicines with DXM in the health and beauty care department of Fort Sam Houston's Post Exchange at Building 2420. The only difference customers will encounter will be at checkout.

"AAFES wants to be proactive when it comes to the health of military service members," said Fort Sam Houston PX General Manager Floyd Wynn. "It is our hope that monitoring DXM sales will ensure Fort Sam military families are not susceptible to abuse."

To view recent AAFES press releases visit <http://www.aafes.com/pa/default.asp>.

(Source: AAFES Press Release)

Civilian inpatient rates increase slightly

Falls Church, Va. — Effective Oct. 1, the daily cost of inpatient care in civilian hospitals for active duty family members under TRICARE Standard and TRICARE Extra increased from \$13.90 to \$14.35 per day or \$25, whichever is greater.

For example, if a family member of an active duty service member is an inpatient for one day, the cost will be \$25. For inpatient stays that are two days or more, the cost will be \$13.90 per day.

The TRICARE Standard diagnosis-related group, or DRG, daily rate for most civilian non-mental health hospital admissions increased to \$535, from \$512 last year. This rate increase applies only to retirees, their families and survivors who use TRICARE Standard. They must pay either \$535 per day or a cost share of 25 percent of the hospital's billed charges, whichever is less. A 25 percent allowable charge for separately billed professional services could also apply. There is no DRG rate increase for beneficiaries who use a civilian TRICARE network facility under TRICARE Extra.

Rates for inpatient mental health care or a substance-use disorder increased from \$169 to \$175 per day for retirees, their families and survivors who use TRICARE Standard. They also pay 25 percent of the allowable charge for separately billed professional services. The inpatient mental health rate is unchanged under TRICARE Prime and Extra for family members of active duty service members, military retirees, their families and survivors.

(Source: TRICARE news release)

Brooke Army Medical Center Health Promotions February Class Schedule

| Class | Dates | Time | Place |
|---------------------------|--------------------|-------------------|--|
| Asthma Management | Tuesday, 21 and 28 | 2 to 3:30 p.m. | BAMC, Health Promotions, lower level, Room L31-9V |
| Blood Pressure Management | Wednesday | 9 a.m. to 12 p.m. | BAMC, Health Promotions, lower level, Room L31-9V |
| Breast-Feeding Class | Wednesday | 1 to 2:30 p.m. | BAMC, OB/GYN fifth floor conference room |
| Foot Care for Diabetics | Monday and 27 | 1 to 2:30 p.m. | BAMC, fourth floor conference room, Room 413-11 |
| Living with Fibromyalgia | Wednesday and 22 | 1 to 4 p.m. | BAMC, Radiology conference room, Room 129-13A |
| Tobacco Use Cessation | Monday and 27 | 3 to 4:30 p.m. | Army Community Service Center, Building 2797, Stanley Road |
| Tobacco Use Cessation | Tuesday and 21 | 5 to 6:30 p.m. | BAMC, fourth floor conference room, Room 413-11 |
| Tobacco Use Cessation | 16 and 23 | 3 to 4:30 p.m. | BAMC, fourth floor conference room, Room 413-11 |
| Yoga | Wednesday and 22 | 12 to 1 p.m. | BAMC, fifth floor, Room 531-14 |

For more information, call Health Promotions at 916-3352.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the donor center to lend a helping hand.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.





Photo by Andricka Hammonds

Super Bowl souvenir

Cpl. Cody Cooper receives an official Super Bowl program Friday before the big game from a United Services Organization volunteer. Recovering from the loss of a limb, Cooper is undergoing physical therapy at Brooke Army Medical Center's amputee care center. USO volunteers passed out programs to recovering Soldiers at BAMC and the Soldier and Family Assistance Center.

BAMC team invites people to ‘Race for the Cure’

The ninth annual Komen San Antonio Race for the Cure will be April 1 at the Alamodome.

About 75 percent of the money raised by the event is put back into the community to help fight breast cancer and to help women diagnosed with the disease.

Everyone is invited to join the Brooke Army Medical Center team, which will meet race day at the Alamodome to run with a record-breaking 30,000 participants.

Members of a Komen San Antonio Race for the Cure team will enjoy the following benefits:

- Easy advance registration.
- Team packet mailing: all entries confirmed by March 10 will receive individual race T-shirts and bib number by mail no later than March 29.
- Teams will vie on race day for prizes and special recognition as the largest corporate team, largest hospital team, largest military team,

largest non-corporate team and top fundraising team.

The cost is \$25 for an individual adult, \$28 for a competitive runner for a team, \$20 for a breast cancer survivor (untimed), \$23 for a breast cancer survivor (timed), \$35 for “Sleeping in for the Cure” (to participate but sleep in on race day) and \$15 for children 6 to 12 years old (price includes a T-shirt). The deadline to register is March 10.

To join the BAMC team, visit the Komen Web site at www.sakomen.org, click on “join an existing team,” click on “search for a team,” enter BAMC Medical Mile Steppers and fill out a registration form.

People are welcome to invite friends, family and neighbors to be part of the BAMC team.

For more information, call Susie Ferrise at 916-2261 or Sandy Terrazzino at 916-4457.

(Source: BAMC Medical Mile Steppers)

Sports Briefs . . .

All-Army Sports Program

The All-Army Sports Program offers Soldier-athletes the opportunity to participate in more than 20 sports at an armed forces or higher level of competition. Interested participants can go to the Army Morale, Welfare and Recreation Web site at www.armymwr.com, select Recreation and click on the Army Sports link to see what sports are available and view the criteria for selection. The All-Army online application program allows any

Soldier with Internet access to apply for any All-Army sport online. Soldiers can visit <https://armysports.cfsc.army.mil> for a direct link to the All-Army application process.

Intramural pingpong

Maj. John Etterbeek, of the 32nd Medical Brigade, 264th Medical Battalion, won the 2006 Intramural Pingpong Championship held at the Jimmy Brought Fitness Center

Jan. 26 and 31, defeating Sgt. 1st Class Jeffery Jenkins, also from 264th Med. Bn. Etterbeek walked through the tournament without losing a game.

Intramural sports

Flag football

Coaches’ meeting is Tuesday at 1 p.m. and the season begins Feb. 21.

Racquetball

Coaches’ meeting is Monday at 1 p.m. and the season starts Feb. 21.

Post Pulse: What is your most romantic Valentine’s Day memory?



“When my husband and my kids woke me up to a beautiful breakfast-in-bed.”
Trinita Carmichael



“Our first Valentine’s Day was when he was away at AIT, and he sent me roses.”
Veronica Arrisola (pictured with her valentine)



“I hope to create one now that I’m on shore duty. In the four years we’ve been married, this will be the first time we’re together on Valentine’s Day.”
Navy Petty Officer Jose Rodriguez



“The first Valentine’s Day after I married my husband, 46 years ago.”
Lucille Dutcher



“The one coming up will be, because I’m scheduled to have completed my training and outprocessing in time for us to spend it together.”
Spc. Tabitha Goyette



Photo by Ed Dixon

170 years of service

(From left) Cols. Clyde D. Byrne, Charles Kelsey and Johnny L. West; Sgt. 1st Class Veronica McClain; Lt. Col. George W. Bearden; 1st Sgt. Thomas E. Gray; and Master Sgt. Michael R. Wright are recognized for their combined total of 170 years of selfless service to the Army and the nation at a retirement ceremony Jan. 26 at MacArthur Parade Field.

Calling all unit commanders

Do you have new Family Readiness Group and key personnel in your unit?
Have your FRG leaders and unit liaisons attended FRG training?
When was your last unit ongoing readiness briefing?
OpReady has the information your Soldiers’ families need for success in the military.
To schedule your briefings at the unit or Army Community Service, or to reserve space in FRG leader training, call Jutta Aviles at 221-0946.

Troop Salute

232nd Medical Battalion



Soldier of the Week
Name: Pfc. Jamie N. Ballentine
Unit: E Comany
Hometown: Tallassee, Ala.
Reason for joining: To better myself for my daughter’s future
Hobbies: Reading, being a full-time mom, college student, working



Junior Leader of the Week
Name: Pfc. Nathan Coats
Unit: E Company
Hometown: Denver, Colo.
Reason for joining: To advance my career, and to give back what people have done for my country
Hobbies: Reading, watching football and listening to music



Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.

JROTC cadets visit U.S. Army North

Story and photo by Master Sgt. Sally Toomey
Army North Public Affairs

More than 30 cadets from the Northeast Independent School District Junior ROTC program visited the headquarters of Fifth U.S. Army/Army North for a brief introduction to what a military career has in store for them.

Many of the cadets, now in their junior or senior year of high school, proudly announced their plans for college ROTC scholarships or appointments to one of the military service academies to Lt. Gen. Robert Clark, Fifth Army/ARNORTH commanding general, during a briefing, tour and luncheon at ARNORTH headquarters.

“This was enlightening. I didn’t realize everything that is going on with the restructuring of the Army and all of the technical upgrades to make it all work,” said Cadet Lt. Col. Blain Lawson, a MacArthur High School senior who has received appointments to the Air Force Academy and the U.S. Military Academy at West Point.

Lawson said he hadn’t decided which of the two academies he would attend next year.

“But it’s interesting to see the way the operations are going on and changing. I’ll use that to make career decisions.”

A tour of the ARNORTH Emergency Operations Center and Video Teleconference Center left some students envious of the technology that Soldiers use in day to day business, and



Lt. Gen. Robert Clark, Fifth U.S. Army/Army North commander, speaks with Northeast Independent School District Junior ROTC cadets during a visit to Fort Sam Houston.

dispelled some notions they had about a military career.

“After today, I’m going to forget everything I thought the Army was about. I’ve gained a new respect for it,” said Cadet Capt. Jaime Rodriguez, a MacArthur High School junior whose college plans are focused on being a member of the Texas A&M Corps of Cadets.

“Besides hoping for one of those flat screen TVs like we saw in the conference room, I was impressed with the professional relationships among everyone here. I will take that and try to be a better officer.”

The visit was brief, but an important tool in exposing the cadets to military life.

“It’s great to get them out of the classroom environment to show them what the Army is like and what they may face as a Soldier,” said 1st Sgt. Herb Hernandez, NEISD JROTC Department. “They need to see what a military career has to offer them.”

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High School News



Courtesy photo

Senior Luis Maldonado (center) is joined by his parents, Luis and Teofila Maldonado, before they enter the second annual “Posh Party” at Cole High School. The celebration was an opportunity for Luis to show his appreciation to his parents for their support.

Cole seniors host ‘Posh Party’ to thank parents

By retired Lt. Col. Robert Hoffmann
Robert G. Cole Jr./Sr. High School

The Robert G. Cole High School class of 2006 treated their parents to a special celebration Saturday night.

The second annual “Posh Party” was held in the school’s cafeteria, which was decorated with lights, balloons and black and silver table ribbons. The purpose of the celebration was to convey appreciation to the parents for their support and guidance throughout the school years.

The evening, planned, coordinated and conducted by the seniors, included a reception in the school’s mall area, a formal dinner and entertainment, ranging from poetry reading to karaoke singing. The dinner was planned,

cooked and served by the class of 2006.

“I am very proud of the seniors. They worked extremely hard to make this a success,” said Julie Coffey, school counselor. “The parents were quite happy and proud of their kids.”

The Posh Party is a concept created by the Cole Senior Ladies’ Group. They, along with the Cole Senior Gentleman’s Group, meet weekly to discuss ideas, issues and challenges that they might encounter after they graduate from high school. In wanting to show appreciation to the parents, the seniors and Coffey collaborated to design and bring about the celebration for parents.

“The Posh Party has been a complete success for two years,” said Dr. Roland Rios, high school principal. “It’s fast becoming a tradition that will probably continue for many years to come.”

Fort Sam Houston Independent School District

Weekly Calendar - Monday through Feb. 18

FSH Elementary School

Monday

Fourth grade Western day for Rooms 20, 21 and 22, 8 to 8:45 a.m.
Second grade Western day for Rooms 50, 51 and 52, 9:50 to 10:35 a.m.
Third grade Western day for Rooms 6, 7 and 8, 10:40 to 11:25 a.m.
First grade Western day for Rooms 25, 26 and 27, 12:05 to 12:50 p.m.
Kindergarten Western day for Rooms 12, 13 and 14, 12:50 to 1:35 p.m.

Wednesday

Early dismissal – kindergarten to fourth grade, 2 p.m.
Early dismissal – fifth and sixth grade, 2:45 p.m.

Feb. 17

Spirit Day

Robert G. Cole Jr./Sr. High School

Monday

Pennies for Patients Leukemia/Lymphoma Penny Drive, advisory, 9:50 to 10:10 a.m.

Tuesday

Pennies for Patients Leukemia/Lymphoma Penny Drive, advisory, 9:50 to 10:10 a.m.
Baseball vs. St. Anthony at Cole, 4:15 p.m.
Boys’ basketball vs. Comfort in Moseley Gym, 6 and 7:30 p.m.

Wednesday

Pennies for Patients Leukemia/Lymphoma Penny Drive, 9:50 to 10:10 a.m.

Feb. 16

Pennies for Patients Leukemia/Lymphoma Penny Drive, 9:50 to 10:10 a.m.

Feb. 17

Pennies for Patients Leukemia/Lymphoma Penny Drive, 9:50 to 10:10 a.m.
Golf team – Pleasanton Eagle Invitational, 36 holes over two days, TBA
Junior ROTC – Birdville Drill Meet, Fort Worth, Texas, depart Cole at 12:30 p.m.
Baseball vs Dilley at Cole, 4 p.m.

Feb. 18

Golf team – Pleasanton Eagle Invitation
Junior ROTC – Birdville Drill Meet
One act play rehearsal in gym, 1 to 3 p.m.

Emergency numbers



Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.



Navy Petty Officer 1st Class Steve Duran, from Lackland Air Force Base, Texas, looks through his telescope to check his shooting skills.

Aiming for excellence

Army instructors share shooting techniques with Navy

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

Sailors honed their pistol and rifle shooting skills during a new joint Army and Navy marksmanship training at Camp Bullis last week.

"The Navy personnel, who are subject matter experts in their fields from basic training to small arms instruction, came here to learn how to shoot long distances," said Sgt. Rudy Rivera, of the U.S. Joint Forces Military Skills Training Center at Fort Sam Houston.

The goal is for the Sailors, who are themselves instructors, to become better marksmen and return to their training centers to teach the skills they learned at Camp Bullis. An expert shooter has more credibility as an instructor.

"Today, we are qualifying the Army and the Navy on the KD range, which stands for known distance, at the 300, 200 and 100 alternate range course. This is a culminating event following five days of training," Rivera said.

According to Lt. Col. Bob Thompson, training officer in charge, the idea for the training came about Dec. 15, when he briefed a three-star admiral at a conference in Pensacola, Fla.

"He learned about our marksmanship capability and talked about the problem the Navy was having qualifying Sailors in their M-16s and M-9s. Forty-five days later, 10 Sailors are training at Camp Bullis," said Thompson. The Sailors traveled from Great Lakes, Ill.; Norfolk and Chesapeake, Va.; Pensacola, Fla.; and Lackland Air Force Base, Texas.

"The Navy found out also that we were improving our pistol marksmanship by about 40 percent doing advanced marksmanship for our senior instructors," said Staff Sgt. Stephen Spencer, CIOR, small arms readiness group. CIOR is the Inter-allied Confederation of Reserved Officers, a NATO military pentathlon competition.

Navy leaders decided to send their pistol instructors to improve their skills with the Joint Forces Military Skills Training Center and members of the small arms readiness group, which forms a mobile team to train and validate Soldiers going overseas to Iraq. Together, they developed a weeklong training program for the Navy in both pistol and rifle advanced marksmanship.

"We finished with eight out of nine of our Navy students shooting expert in pistol; therefore, our 40 percent increase is again validated in terms of the way we teach pistol," said Spencer.

"We teach them how to shoot better shot groups and the proper fundamentals. Most of our instructors are President's Hundreds with distinguished competitive shooting experience," said Spencer.

Petty Officer 2nd Class Benjamin West, a marksmanship instructor for the Navy, said the training has changed his shooting style. "It has completely changed the way I pull the trigger, hold the weapon, sight alignment; everything about my shooting has changed. It has made me a qualified expert pistol and rifle shooter," said West.

"I am a marksmanship instructor for the Navy. I think this training drastically improved the way I shoot, and I learned a lot that I can take back to my Sailors and improve their shooting as well," said Petty Officer 1st Class Brad Heaney.

The U.S. Joint Forces Military Skills Training Center has been on Fort Sam Houston since 1979, but the program began in 1961. The initial purpose of the program was to train and select members of the armed forces to compete in the CIOR military competitions.

Thompson began coaching this program in 1993 to build a vision of what he saw as a world class training center.

"Everything we taught we wanted to be world class," said Thompson.

The goal was to open the training center not just to pentathletes, but to all military.

"If we are able to train these military skills quickly and at a highly advanced level to be competitive internationally, the idea was that any unit or any Soldier in the military should be able to benefit from these skills, not just pentathletes going to a competition," said Thompson.

A military pentathlon consists of rifle shooting and pistol shooting, land navigation, 500 meter land obstacle course and a 50 meter swim. Other events include combat first aid and law of war.

Thompson said in 2001 the center trained 42 pentathletes and about 50 Soldiers. In the past 12 months, they have trained more than 750 Soldiers and 19 pentathletes. "So, the emphasis is obviously training units and Soldiers," said Thompson.

"The Navy came here to hone their skills. They did very well, were very receptive and are top notch Sailors. Every one of them has been very eager to learn and showed great improvement," Thompson said.



Sailors who completed the Advanced Rifle and Pistol Marksmanship course at Camp Bullis are (front row, from left) Petty Officer 1st Class Steve Duran, Lackland Air Force Base, Texas; Petty Officer 1st Class Barry Brown, Great Lakes, Ill.; Petty Officer 1st Class Derrick Abson, Great Lakes; Petty Officer 2nd Class Lisa Gordon, Great Lakes; Petty Officer 2nd Class Wesley Stotts, from Lackland AFB; (back row, from left) Petty Officer 2nd Class Bert Wall, Great Lakes; Petty Officer 1st Class Brad Heaney, Chesapeake, Va.; Petty Officer 1st Class Danny Phelps, Great Lakes; and Petty Officer 2nd Class Benjamin West, Great Lakes.



Petty Officer 2nd Class Benjamin West, a marksmanship instructor for the Navy from Great Lakes, Ill., marks the spot during the pistol qualification at Camp Bullis.



Navy Petty Officer 2nd Class Bert Wall, from Great Lakes, Ill., aims his pistol at the target range as Staff Sgt. Stephen Spencer, U.S. Joint Forces Military Skills Training Center, checks his shots through the telescope.



Lt. Col. Bob Thompson, training officer in charge, U.S. Joint Forces Military Skills Training Center, presents the Advanced Rifle and Pistol Marksmanship certificate of completion to Navy Petty Officer 2nd Class Lisa Gordon.



Staff Sgt. Daniel McFarland, small arms readiness group, assists Navy Petty Officer 2nd Class Lisa Gordon, from Great Lakes, Ill., as she prepares for the pistol qualification.



Navy Petty Officer 2nd Class Wesley Stotts, from Lackland Air Force Base, Texas, prepares his M-16 for the rifle qualification Friday at Camp Bullis.

Religious Happenings . . .

PWOC weekly Bible studies

The Protestant Women of the Chapel invite women in the Fort Sam Houston community to weekly Bible studies at Dodd Field Chapel. The daytime study meets Wednesdays from 9:30 to 11:30 a.m. and the evening study meets Thursdays at 6:30 p.m. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

PWOC seeks homeschool moms

The Protestant Women of the Chapel invite women who homeschool their children to attend PWOC programs Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail jecsones@earthlink.net.

Financial Peace University

Financial Peace University, a new 13-week program, is offered Wednesdays from 5:15 to 6:45 p.m. at the Dodd Field Chapel. The Christian faith-based course, developed by Dave Ramsey, is designed to teach people how to get out of debt, stay out of debt and build wealth. Childcare is provided. For more information, call Carolyn Wafford at 271-3661 or Chaplain Yvonne Hudson at 295-2096.

Chapel youth group

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, “Where Faith and Life Meet,” is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

Officers’ Christian Fellowship

The Officers’ Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying “The Minor Prophets.” For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.

Accepting applications

Applications are being accepted for music director 1101 Contemporary Protestant Service. Applicants must have musical knowledge and talent in the realm of contemporary Christian music and leadership abilities. Vocal ability required, keyboard or guitar player preferred. Applications are available in the Chaplain Resource Management office, Building 2530. The contract will be effective March 1 through Sep. 30. Bidding closes at the end of February. For more information, call 221-5006 or 221-5943.

Post Worship Schedule

| | |
|--|---|
| Main Post Chapel , Building 2200, 221-2754 Catholic Services: 4:45 to 5:15 p.m. - Confessions - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays Protestant Services - Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant Jewish Services: 379-8666 or 493-6660 8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat | 11 a.m. - Mass - weekdays Protestant Services: 10 a.m. - Worship Service - Sundays 12 p.m. - Worship - Wednesdays |
| Dodd Field Chapel , Building 1721, 221-5010 or 221-5432 Catholic Services: 12:30 p.m. - Mass - Sundays Protestant Services: 10:30 a.m. - Collective Gospel Protestant - Sundays 9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided. Samoan Protestant Service: 8:30 a.m. - Sundays | AMEDD Regimental Chapel , Building 1398, 221-4362 Troop Catholic Mass: 11 a.m. - 32nd Med. Bde. Soldiers - Sundays Troop Protestant Gospel Services: 9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays Troop Protestant Service: 8:30 a.m. - 32nd Med. Bde. Soldiers - Sundays |
| Brooke Army Medical Center Chapel , Building 3600, 916-1105 Catholic Services: 8:30 a.m. - Mass - Sundays 11 a.m. - Mass - Sundays | FSH Mosque , Building 607A, 221-5005 or 221-5007 10:30 a.m. - Children’s Religious Education - Sundays 1:30 p.m. - Jumma - Fridays 7:30 p.m. - Adult Religious Education - Thursdays Evans Auditorium , 221-5005 or 221-5007 Mormon Services: 9:30 to 11:30 a.m. - Sundays Installation Chaplain’s Office , Building 2530, 295-2096 Contemporary service: 11:01 a.m. - Sundays Web site: www.samhouston.army.mil/chaplain |

Recreation and Fitness

Tampa Bay cheerleaders

The Tampa Bay cheerleaders will visit the Fort Sam Houston Bowling Center Saturday from 6 to 9 p.m. Stop by and meet the cheerleaders and bowl a few games. The bowling center is located on Schofield Road, Building 2521.

Garage sale

The next garage sale will be March 4 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost; however, a seller must have a valid Department of Defense ID card and pre-register by calling 221-2601 or 221-2307. MWR provides a space in the parking lot, but participants must bring their own table or rent one from the Outdoor Equipment Center by calling 221-5224.

Sealed bid auction

Non-appropriated funds will accept sealed bids on a tractor/backhoe currently located at the Fort Sam Houston Equestrian Center. The backhoe has known transmission problems. The purchaser will be responsible for removing the backhoe from the Equestrian Center premises. It can be viewed from 8 a.m. to 6 p.m. daily. Sealed bids will be accepted until close of business Feb. 21. Bids will be opened Feb. 22 at 8 a.m. For more information, call Cynthia Tripoli or Joe Cavanagh at 221-3185 or the Equestrian Center at 224-7207.

Outdoor Recreation volunteers

Outdoor Recreation seeks volunteers to assist with outdoor adventure programs. The programs include hunting, fishing, kayaking, canoeing, hiking, biking, camping, backpacking, horseback riding and other outdoor activities. To become an Outdoor Recreation volunteer, call Jeffery Heagerty at 221-5554 or e-mail Jeffery.heagerty@samhouston.army.mil. Training certification courses are available.

Lifeguard class

The Jimmy Brought Fitness Center will hold a Red Cross lifeguard class Saturday and Sunday and Feb. 18 and 19 from 8:30 a.m. to 5:30 p.m. Participants must be 15 years old and up. Cost is \$165 and includes course materials and AED training. No Department of Defense ID card is required for this class. For more information or to register, call 295-8861 or 221-1234.

Canyon Lake trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake will continue to have trailers available for rent until Feb. 28. After this time, the trailers are scheduled for renovation and construction. More information on the availability of future reservations will be available at the end of March. Only mobile homes will be affected by this construction; the marina, cabanas and beach will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

Get fit

Stop by the Jimmy Brought Fitness Center to participate in one of the heart-pounding aerobics classes such as kick-boxing, karate, cardio step, body sculp-

ture, seniors' fitness, super abs, stretching and cycling. For more information, call 221-2020.

Intramural sports

People interested in a team sport should consider joining an intramural varsity sports league. Participation in intramural sports enhances individual morale and unit esprit de corps, promotes teamwork and encourages individuals to reach high levels of physical fitness. For more information or to join, call 221-1180.

Dining and Entertainment

Sam Houston Club, 224-2721

New family-style brunch

The Sam Houston Club will offer an updated Sunday brunch Feb. 19 from 10 a.m. to 1:30 p.m. The family-style brunch features an international food station, champagne fountain, chocolate fondue fountain and children's food station. The cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for children ages 6 to 11 and free for children 5 and under.

Newcomers' Extravaganza

The Newcomers' Extravaganza will be at the Sam Houston Club Feb. 21 from 9:30 to 11 a.m. This event is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. Everyone who attends the extravaganza will receive a voucher for a \$4.95 lunch at the Sam Houston Club following the event. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Club membership special

Get the first month of membership free when becoming a Sam Houston Club member. There are many benefits to membership including discounts on Sunday brunch, lower prices for weekly buffet lunch, valuable coupons for special events and a monthly newsletter.

Bowling Center, 221-3683

'Bowl-A-Jam'

"Bowl-A-Jam" is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun.

Golf Club, 221-4388

Febuary special on golf lessons

Get 10 lessons for only \$150. Open to men and women of any level of experience. To register, call 355-5429.

Harlequin Dinner Theatre, 222-9694

"Black Coffee," a mystery by Agatha Christie, is on stage through Feb. 18. Prices are \$26.95 Fridays and Saturdays and \$23.95 Wednesdays and Thursdays. There are discounts for military. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is served from 6:30 to 7:30 p.m. and the show begins at 8 p.m.

MWR Ticket Office, 226-1663

Discounted tickets for the San Antonio Stock Show and Rodeo are on sale. The rodeo runs through Feb. 19. Also, Disney and Universal Studios season passes are on sale. Tickets for Laser Quest in San Antonio are \$6.50 and a family fun pack for five is \$32.50.

Child and Youth Services

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Child and Youth Services survey

Parents are asked to participate in a survey that will assist the CYS to better serve the Fort Sam Houston community. Take the time to complete a short survey at a child or youth activity before Feb. 17.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services. The annual

fee is \$18, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Open recreation

School Age Services will hold open recreation the second and fourth Saturday of each month from 2 to 6 p.m. in Building 1705. Activities include computers, arts and crafts, table and board games, gym activities and special events. All children must have a current Child and Youth Services registration pass. Parents must sign children in and out of the School Age building. For more information, call School Age Services at 221-4466.

Basketball registration

Basketball registration is ongoing. Players and coaches are needed. For more information, call the Youth Sports Office at 221-5513.

Youth baseball, T-ball and softball registration

Registration for youth baseball runs through Feb. 27 from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797. Registration will be on site at Youth Services from Feb. 27 through March 3 from 11 a.m. to 7 p.m. To register, parents must pay a \$45 activity baseball fee and bring updated immunizations for fifth graders and below, sports physical and a current leave and earnings statement. All participants must have a current Child and Youth Services membership.

Girls' basketball needs players

Youth Sports still has openings in the 13- to 14-year-old girls' basketball team. The cost is \$45. For more information, call Youth Services at 221-3502 or 221-5513.

Piano lessons available

Piano lessons will be offered Monday through Saturday from 3:30 to 8 p.m. The cost is \$60 per month for four 30-minute lessons. Classes are for ages 6 to 18 and children must be registered with Child and Youth Services. For more information or to sign up, call 221-4871 or 221-9613.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Feb. 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration at 221-4871 or 221-1723. Preschool is Monday through Friday from 9 a.m. to 2 p.m. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Youth Center happenings

Middle school and high school age youth are encouraged to check out the events at the Youth Center, Building 128.

| Date | Time | Event |
|-----------|--------------|---|
| Today | 4 to 5 p.m. | Arts and crafts – flower-topped paperweight |
| Friday | 5 to 6 p.m. | Cooking class – cherry upside-down cake |
| | 4 to 5 p.m. | Photo Club |
| | 6 to 9 p.m. | Trip to Live Oak Theatre, \$6 |
| Saturday | 5 to 6 p.m. | Junior teen council meeting |
| | 8 to 11 p.m. | Junior teen dance, \$3 members, \$4 non-members |
| Wednesday | 4 to 5 p.m. | Smart moves for girls |

All middle school and high school children interested in any of the activities must be registered through Central Registration. For more information, call Child and Youth Services at 221-4871 or 221-1723.

Events

OCSC February luncheon

The Officer and Civilian Spouses’ Club will host a luncheon at the Sam Houston Club Feb. 21. The theme is Mardi Gras and will include a silent auction. To attend, call Sigrid Reitstetter at 226-8806 or e-mail sigrid.reitstetter@amedd.army.mil. All reservations and cancellations are required by noon Feb. 17.

IRS Small Business Reporting

People can learn more about running their own franchise today from 4 to 7 p.m. at University of Texas San Antonio downtown campus, 501 West Durango, Room 2.316. The cost is \$30. For more information, call Michelle Barnes at 458-2047 or e-mail michelle.barnes@utsa.edu.

Valentine football weekend

KE and Associates invites all military personnel and their families to a Valentine weekend of football Saturday at 7 p.m. at the Harlandale Memorial Stadium, 4002 Roosevelt Ave., San Antonio. The San Antonio Riders will play the Edinburg Land Sharks. The cost is \$10, with a buy one get one free special. For more information, call 316-1801.

Black History Month observation

St. Philip’s College will observe Black History Month with a series of exhibits, dramatizations, panel discussions, musical performances and educational events throughout February on the main campus at 1801 Martin Luther King Drive. For more information, call 531-3260 or visit www.accd.edu/spc.

Instructor’s book signing

Joe “Tuffy” Tofuri, a retired Air Force master sergeant. and 15 year veteran training instructor will sign his book, “Tuffy’s Heroes,” about Air Force basic training during the Vietnam War, Saturday and Sunday from 11 a.m. to 2 p.m. in the Main Base Exchange bookstore on Lackland Air Force Base.

‘Rainbow Kids’ performance requests

Fort Sam Houston’s Youth Services “Rainbow Kids” are scheduling performances for the spring and summer. The group is dedicated to presenting professional quality, family-style entertainment in a variety of settings. The music includes routines from the 1920s through 1960s, Broadway, some modern and country and western. The holiday show will include traditional and non-traditional seasonal music and routines. The nonprofit group presents free programs ranging from 30 minutes to more than an hour at schools, churches, community and military events, youth and senior centers, shopping malls and at patriotic events. To schedule a free performance or for more information, call Ron Joy at 348-8014 or 295-2093, or e-mail rj96707@yahoo.com.

Mardi Gras time

The Cajun French Music Association, de Fa Tras Chapter of San Antonio, announces plans for a soiree Saturday from 7:30 to 11:30 p.m. at Hermann Son’s Hall, 525 S. Saint Mary’s St. Donations for the dance are \$7 per person and the public is invited. Costumes are encouraged. Music will be by Bubba Brown and Super Cajuns from Port Arthur, Texas. For more information, call 573-3403 or visit www.defatrascajun.com/.

Mardi Gras dance

The Cajun French Music Association, de Fa Tras Chapter of San Antonio will host a Mardi Gras dance Saturday from 7:30 to 11:30 p.m. at Hermann Son’s Hall, 525 S. Saint Mary’s St. The cost is \$7 per person and is open to the public. For more information, call 573-3403 or visit www.defatrascajun.com/.

Chordsmen singing valentines

The San Antonio Chordsmen will deliver a singing valentine anywhere in the San Antonio metro area.. Reservation times include Sunday from 1 to 5 p.m., Monday

from 11 a.m. to 7 p.m. and Tuesday from 9 a.m. to 7 p.m. The cost is \$40. For more information, call 557-3000 or visit www.sachordsmen.org.

Fiesta parade tickets

Tickets are on sale for bleachers and chairs along the three Fiesta parade routes. Fiesta is April 21 through 30. For more information, call the Fiesta Commission at 227-5191 or visit www.fiesta-sa.org.

Training

Master of arts, teacher certification

St. Mary’s University will host a briefing today from 11:30 a.m. to 1 p.m. at the Randolph Air Force Base Education Center, Building 208, Room 32. Dr. Dan Higgins and Dr. Neva Davenport will present information about a master of arts degree and Texas teacher certification programs at St. Mary’s University. For more information, call 658-4852.

Green to Gold briefings

Fort Sam Houston’s Education Center will sponsor Green to Gold briefings for Soldiers interested in the Green to Gold ROTC program Monday from 11 a.m. to 12 p.m. in Building 2248 and March 6 from 11 a.m. to 12 p.m. in Building 2247, Room 200. For more information, call Amy Gagnon at 295-2005.

Range Safety Officer class

The Range Safety Officer class is Fridays from 1 to 3 p.m. in Building 6107, Room 1A, at Camp Bullis. People should reserve a seat in advance. For more information or to arrange for training on another day, call Mabel Rodriguez at 295-7616 or e-mail mabel.rodriguez@samhouston.army.mil, or Patricia Jennings at 295-7686 or e-mail patricia.jennings@samhouston.army.mil.

Medical information management

The Army Medical Department Information Management Conference is today through Saturday and the Health Information Management Systems Society ‘06 will be Sunday through Feb. 16. The AMEDD Center and School, the Medical Command Information Management Directorate and the U.S. Army Medical Information Technology Center Project Management Division have teamed up to offer a set of sessions designed for career enhancement. For more information, call Dr. Barbara Erickson at 221-8492. For more information about other AMEDD IM tracks, call Duke Williams at 221-7274.

Workforce Recruitment Program

The Workforce Recruitment Program for college students with disabilities is now accepting applications from post organizations. Authorizations will be on a first-come, first-served basis. Under this program, students may be employed for 14 weeks anytime between May 15 and Sept. 30. Applications are due no later than Friday. Send submissions to Glennis.Ribblett@samhouston.army.mil. For more information, call Glennis Ribblett at 221-9401.

University of Phoenix representative

The University of Phoenix online representative Eric Hager will visit the Fort Sam Houston Education Center, Building 2248, Tuesday, March 7 and April 4 from 10 a.m. to 2 p.m. in Room 201. For more information or to sign up, call 221-1738; Eric Hager, military liaison, at 602-421-4491; or e-mail eric.hager@phoenix.edu.

Austin Police Department recruiting

The Austin Police Department is recruiting highly motivated and educated men and women for positions in a dynamic profession. Applications are being accepted for the position of civilian police cadet. Recruiters will be at Fort Sam Houston Monday and Feb. 27 from 10 a.m. to 2 p.m. in Building 2263 on Stanley Road, Room B-100 (basement). For more information, call (512) 974-4211 or (800) 832-5264 from 7 a.m. to 5 p.m. or visit www.apdrecruiting.org

Resume, interview workshops

The Family Employment Readiness Program will offer an interview workshop Wednesday from 9 to 11 a.m. at the Roadrunner Community Center. Reservations are requested. A valid military ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Collateral duty safety officer course

A Collateral Duty Safety Officer course will be March 2 from 7:30 a.m. to 4:30 p.m. in Building 2841, Room 2122. To register, call Richard Edges, 221-3857. Those appointed as CDSOs should also complete the Army Additional Duty Safety Officer on-line training at https://saftylms.army.mil/librix/loginhtml2.asp?v=usasc.

It’s Not Easy Being Green 2006 Spouse Conference

Military spouses wear many hats. Don’t miss this opportunity to recharge your batteries and have some fun. Pick up advance registration forms at Army Community Service, library, Sam Houston Club, Brooke Army Medical Center medical mall information desk, Officer and Civilian Spouses’ Club luncheon and Child and Youth Services Central Registration. Registration won’t be available on the day of the conference. If unable to attend the entire conference, join us for a portion. For more information, call Judith Markelz at 241-0811 or Kim Taylor at 566-6526.

Workshop Schedule:

Feb. 23, 10 to 11 a.m. - Workshop A

- A-1 Bouquets that bloom - floral centerpiece arranging, \$6 fee to cover materials
 - A-2 Self-defense for women - all the right moves (wear loose clothing)
 - A-3 The Yellow Rose of Texas - gardening Texas-sized
 - A-4 Laughter - myth or magic
 - A-5 Soldiers of the South – the intriguing history of Fort Sam Houston
- #### 11:15 to 12:15 a.m. - Workshop B
- B-1 From sparks to fireworks - keeping love alive in a military marriage
 - B-2 Decorating quarters for pennies - useful tips for military families
 - B-3 There’s an elephant in the room - when you’re struggling for the right words
 - B-4 Discovering the Lone Star State - amazing destinations in Texas
 - B-5 Hand stands for hand stamping - gifts and packaging ... learn it all
- #### 1:15 to 2:15 p.m. - Workshop C
- C-1 Sultry Salsa - just in time for Fiesta!
 - C-2 Sometimes it’s easy to be green - discover your ideal colors
 - C-3 Don’t let fitness “weigh” you down - lightweight training (wear loose clothing)
 - C-4 Savoring the South – Southern-style cooking
 - C-5 Building a better you - diet and nutrition

Feb. 24, 10 to 11 a.m. - Workshop D

- D-1 Strike a pose for yoga - let a certified instructor teach you’re the basics (wear loose clothing)
 - D-2 Show them what you’re made of - crafting an impressive resume
 - D-3 Bouquets That Bloom - floral centerpiece arranging, \$6 fee to cover materials
 - D-4 Line dancing - these boots aren’t made for walking!
 - D-5 Surviving tragedy - keeping the hope alive
- #### 11:15 a.m. to 12:15 p.m. - Workshop E
- E-1 Paper pizzazz - keeping in touch with handmade cards, \$3 fee to cover materials
 - E-2 The natural chef - learn the basics of healthy cooking
 - E-3 Military life, a little less “green” - navigating community resources
 - E-4 Mirror, mirror on the wall - whose expression tells it all?
 - E-5 Digital photography - optimizing the technology



“It's Not Easy Being Green” 2006 Spouse Conference Feb. 23 and 24 at Dodd Field Chapel REGISTRATION FORM

Name: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Please identify the workshops you wish to attend each day. Using the Conference Brochure as a reference, indicate the two-character codes in order of your preference. You will receive your complete 2-day schedule as part of your onsite check-in, which begins at 8:30 a.m. on Thursday, February 23rd. Please include

your second and third choices for workshops in case the classrooms reach capacity. Workshop preferences will be allocated on a first-come/first-serve basis. Both days are full of exciting workshops, but if you are unable to attend the entire conference, please join us for whatever portion accommodates your schedule.

Thursday Workshop Series A 10 to 11 a.m.

Sample: A3

- 1) _____
- 2) _____
- 3) _____

Thursday Workshop Series B 11:15 a.m. to 12:15 p.m.

Sample: B3

- 1) _____
- 2) _____
- 3) _____



Thursday Workshop Series C 1:15 to 2:15 p.m.

Sample: C2

- 1) _____
- 2) _____
- 3) _____

Friday Workshop Series E 11:15-12:15

Sample: E5

- 1) _____
- 2) _____
- 3) _____

Friday Workshop Series D 10 to 11 a.m.

Sample: D3

- 1) _____
- 2) _____
- 3) _____

*Please enclose your check or money order for the \$5.00 conference fee payable to IMWRF with this completed registration form and mail both to: Army Community Service, 2010 Stanley Road, Suite 95, Fort Sam Houston, TX 78234-5095. Registrations must be postmarked no later than February 17th. Registration is not available on the day of the Conference. If additional fees for materials apply to the workshops you have chosen, please be sure to include those fees along with your conference registration fee conference.

** Classes and/or instructors are subject to change

*** Limited free childcare is available at Dodd Field Chapel. Attendees must pre-register for childcare at CYS Central Registration, Roadrunner Community Center. An up-to-date shot record will be required.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail to **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Boys clothing, sizes up to 2T; play gym, \$15; Diaper Genie, \$10; baby wipes warmer, \$25; microwave oven. Call 680-1079.

For Sale: Four Alba 15-inch tire rims with brand new tires, 195/60R15, \$400. Call 662-4766.

For Sale: Washer and dryer, \$125 each; computer desk and hutch, \$25; Roadmaster bicycle, \$45; VCR, \$20; coffee maker, \$10. Call 204-9677.

For Sale: Entire Xena video series, seasons one through six, excellent condition, \$50 for set; inversion chair, good condition, \$75; large dehumidifier, never used, \$40. Call 295-6364 or (830) 372-4148 in the evenings.

For Sale: Trek bike pull-behind child

carrier for up to 100 pounds, \$100 obo. Call 271-7722.

For Sale: Stingray high performance hydro-foil for 75 hp and above, \$25. Call 221-3549.

For Sale: Trampoline, \$100; complete wooden bunk bed with under bed storage and chest of drawers, \$300; various Southern Living, Pampered Chef and Stampin’ Up items. For more information, call 212-5725.

For Sale: Dining room table and seven chairs, blond wood; five twin beds; four small arm chairs and coffee table, made in Guatemala. Call 826-1304 or (830) 964-3165.

For Sale: Compaq 17-inch computer monitor with keyboard and mouse, \$20; three designer prom dresses sizes 7 to 9, \$25 each; paperback and hardcover books, various

authors, 25 to 50 cents each. Call 295-2372 or 404-1359.

For Sale: Full-size bed with frame, used one year, \$175 for complete set. Call 653-0272.

For Sale: Antique oak dresser with mirror, \$225; oak rocker, \$75; English oak library table, \$225; 1800s trunk, \$75; living room chairs, \$75 each. Call 826-0308.

For Sale: 1988 Ford full-size Bronco, good condition, \$3,000 obo. Call 980-2940.

For Sale: Three tickets for Spurs vs. Golden State Warriors game, \$37.35 each; coffee and end table set, light brown, \$70; butcher top kitchen table with four chairs, \$160 set; wooden frame futon mattress and cover, \$350; headboard and rails with matching nightstand, light brown, \$200. Call 946-4530.

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